






SENIOR COMMUNITY CAFÉ CALENDAR CONGREGATE APRIL-2015



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	Chili Con Carne Over Rice Vegetable Medley 100% Whole Wheat Bread Peaches	2	CRT HOLIDAY MEAL Cran-Apple Juice Baked Ham w/Pineapple Sauce Baked Sweet Potato Peas & Carrots Wheat Dinner Roll Frosted Orange Cake	3	CLOSED IN OBSERVANCE OF GOOD FRIDAY
6	Orange Juice BBQ Pork Ribeye Baked Beans Scandinavian Blend Vegetables 12-Grain Bread Vanilla Pudding w/Whipped Topping	7	Cream of Vegetable Soup Mini Cheese Burger on bun Potato Wedges Mixed Vegetables Ketchup/Mustard/Relish Fresh Fruit	8	Roast Turkey w/Gravy Mashed Sweet Potatoes Brussel Sprouts Cranberry Sauce Wheat Dinner Roll Pineapple Tidbits	9	Macroni & Cheese Stewed Tomatoes & Zucchini Spinach Salad w/Tomatoes Italian Dressing Club Roll Tropical Fruit	10	Alaskan Pollock w/Seafood Sauce Brown Rice Pilaf Broccoli Cuts 100% Whole Wheat Bread Peaches & Pears
13	Meatloaf w/Vegetable Gravy Egg Noodles Broccoli & Cauliflower Rye Bread Pineapple Tidbits	14	Chicken Brunswick Stew Parslied Boiled Potatoes Baby Carrots Dinner Roll Fresh Fruit	15	Beef Liver w/Sauteed Onions Mashed Potatoes Mixed Vegetables 100% Whole Wheat Bread Sliced Pears	16	Mulligataway Soup Eggplant Roll-Up w/Extra Marinara Sauce Rotini w/Tomato & Basil Sauce Zucchini Squash Whole Grain White Bread Sliced Apples	17	Apple Juice Roast Pork A La Orange Oriental Rice Prince William Blend Vegetables Pumpkin Bread Cherry Peach Crisp
20	Sailsbury Steak Italiano Rotini w/Tomato Basil Sauce Broccoli Normandy Club Roll Fresh Fruit	21	Orange-Pineapple Juice Fish Florentine Wild Rice Creamy Spinach 100% Whole Wheat Bread Homemade Cookie	22	Chicken Vegetable Rice Soup (Chicken Wrap) Chicken Salad-1/2 c. Taco Wrap 3-Bean & Barley Salad Shredded Lettuce Sliced Tomatoes Saltines Fresh Fruit	23	Orange Cumin Rubbed Pork Oriental Rice Oriental Vegetables Rye Bread Tropical Fruit	24	Country Vegetable Soup Eggplant Roll-Up w/Marinara Sauce Penne w/Marinara Sauce Prince Edward Blend Vegetables Whole Grain White Bread Peaches & Pears
27	Turkey Meatballs w/Sweet & Sour Sauce Fluffy White Rice Mediterranean Blend Vegetables 12-Grain Bread Pineapple Tidbits & Mandarins	28	Beef Vegetable Soup Tony's Individual Pizza Mixed Greens w/Cherry Tomatoes & Cucumbers Ranch Dressing Saltines Fresh Fruit	29	Grape Juice Stuffed Salmon Boat w/Lemon Sauce Orzo Pilaf Beets Oatnut Bread Chocolate Pudding w/Whipped Topping	30	Mediterranean Soup Roast Beef w/Gravy Baked Potato Whole Baby Carrots Dinner Roll Fresh Fruit		

Elderly Nutrition Program meals are served Monday thru Friday to persons 60 years of **age or older and their spouses.**

All meals are served with milk, bread and margarine. DONATIONS: \$2.50 (or whatever you can afford)